



CONSCIOUS EATERY

AUTUMN 2017

5620 6th Ave S
Building T
Seattle 98108
206.659.4098
M-F 7:30-3 pm

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Make It A Meal

DONATE TO SOMEONE IN NEED

4,289 Meals Donated
Since August 2017

BREAKFAST AVAILABLE UNTIL 11 am DAILY

SCRAMBLES

AS BURRITO +1, TOAST +1, GF BREAD +2,
ENGLISH MUFFIN +2 or BAGEL +2

PEPPER PICKER 6.5

Egg, sharp cheddar, Mama Lil's,
pepperoncini, bell pepper + onion

STEAK + EGG 8

Steak, egg, sharp cheddar, spinach, bell
pepper + onion

ORCAS 6.5

Bacon, egg, sharp cheddar, bell pepper +
onion

QUINOA + CARROT 6

Matchstick carrot, tri-colored quinoa,
sliced almond + salsa

BETWEEN BREAD

BAGEL SAMMY 7

Bacon, sharp cheddar and egg

SPICY HOG'D 7.5

Bacon jalapeno jam, scrambled egg,
arugula on english muffin

GOAT HORN 7

Scrambled egg, Mama Lil's, sharp
cheddar, arugula on english muffin

EGG IN A HOLE 7

Shoulder bacon, egg, romaine, roma
w/ herb aioli on sour rye

LUNCH AVAILABLE 11 am- 3pm

ARTISAN SANDWICHES

TURKEY CRANBERRY 9.5

Swiss + arugula on como

GARDEN + GOAT 8.5

Goat cheese, Mama Lil's, bell pepper
and arugula w/ golden dijon + lemon aioli
on sour rye

CLASSIC ROAST BEEF 9

Sharp cheddar w/ golden dijon and
horseradish creme fraiche on hoagie

SALAMI 8.5

Goat cheese, pepperoncini, arugula w/
golden dijon on sour rye

BLT/HLT 8.5

Bacon or roasted garlic hummus, roasted
roma, romaine w/ oven roasted garlic aioli
on sour rye

HERRADURA 8

Chickpea mix of celery, red onion and sriracha
w/ roma, sliced almond + romaine w/ golden
dijon on hoagie

GRANOLA PB+J 5

Raspberry jam, peanut butter, house-
made granola on como

PHILLY 9.5

Roasted beef, provolone, bell pepper +
onion w/ roasted garlic aioli on hoagie

FRENCH DIP 9

Roasted beef, horseradish creme fraiche on
hoagie (cheese +1)

SPICY TURKEY DIP 9.5

Pepperjack + sautéed jalapeno + roasted
garlic aioli on sourdough w/ turkey jus

BEEF MELT 9

Sharp cheddar + sautéed onion w/ roasted
garlic aioli on sourdough

TURKEY CLUB 9.5

Crispy bacon, romaine + roma w/ herb
aioli on sourdough

Meat
• Roasted In •
House Daily

CONSCIOUS EATERY

YOU buy one, WE give one!

.....
Hot Soup: 5 Cup/ 8 Bowl
Tomato & Special Available Daily
.....

MORE ARTISAN SANDWICHES

HOT TURKEY + PESTO 9

Provolone, roma + pesto aioli
on sourdough

TUNA MELT 9.5

Albacore tuna-dill mix, roma + provolone w/
lemon aioli on sourdough (Mama Lil's +1)

SORIA STEAK 10

Fried egg, roma + romaine w/ Soria
chimmichuri on sour rye

CUBAN 10

Pulled pork, pork shoulder, swiss + long cut
pickles w/ whole grain mustard on hoagie

GRILLED CHEESES

3 CHEESE 7.5

Slabs of cheddar + provolone w/
parmesan crust on como

FUEGO 7.5

Sautéed jalapeno, Mama Lil's,
pepperjack + sharp cheddar
w/ sriracha aioli on como

HAM + CHEDDAR 8

Melted to perfection on como

PULLED PORK 8.5

Sharp cheddar w/ bbq and whole
grain mustard aioli on como

SIDES

House-made Potato Salad, Coleslaw, Seasonal Chips,
Mixed Fruit, Veggie Dippers, Cookies,
Stubborn Soda + Assorted Beverages

FRESH SALADS

Add Grilled Chicken +3 & Steak +4

SOUTHWEST 8

Black bean, cheddar, corn, roma, romaine
+ gf tortilla strips w/ chipotle ranch

BEET 8.5

Roasted beet, goat cheese, candied
walnuts + arugula w/ citrus vinaigrette

SPINACH 8.5

Bacon, egg, sliced almond, red onion
+ spinach w/ citrus vinaigrette

PEAR + WALNUT 8.5

Pear, candied walnut, bleu crumbles, fried yam
w/ champagne vinaigrette

CAESAR 7

Sliced almond, parmesan cheese, romaine,
lemon wedge + crouton w/ caesar dressing

COBB 9

Bacon, hard boiled egg, bleu crumbles, roma, cucumber
+ romaine w/ bleu cheese dressing

TUNA QUINOA 9.25

Albacore tuna mix, tri-colored quinoa, parmesan
crisp, arugula + lemon wedge w/ dill vinaigrette

HARVEST 9

Spring mix, bleu crumbles, garbanzo, Mama Lil's,
roma, red onion + crouton w/ balsamic vinaigrette

Consuming raw or undercooked eggs, meats or poultry could increase your risk of foodborne illness ***